



Train  
to  
lead

# LEADER

June 22  
2007  
Fort Knox, Ky.

On the Web at [www.usaac.army.mil/acce](http://www.usaac.army.mil/acce)

## INSIDE

Commander's  
column

Page 2

Dribbling out  
a point



Ex-Navy SEAL  
dribbles basketballs  
as he relates lessons

Page 4

Serious firepower



Cadets get experience  
with heavy weapons

Page 8

Calorie bombs

MREs have what it  
takes to keep you going

Page 9

# Aiming for a Gold Bar



*Companies take shot at marksmanship*

Pages 6 & 7

# Course about learning leadership



Col. CHUCK **WAGGONER**  
LTC commander

Learning under stress causes the highest level of retention of the material you have learned. So your drill sergeants ratcheted up the pressure your first few days at Fort Knox.

There's a method to the madness. Leadership is the basis of the course. It is what we are all about. The Army defines leadership as "a process by which a Soldier influences others to accomplish a mission." We are going to teach you the U.S. Army's greatest weapon, leadership.

The goal for your initial reception phase was to form a foundation, one that provides you with the basic skills to enter the Warrior Leader phase of training. The Warrior Leader phase will prepare you physically and mentally for the real reason you are here – to learn leadership.

You will learn the individual and collective skills you will need to allow us to put you into leadership positions in the field. The positions we will put you into will require leadership under stressful conditions. It is relatively easy for a manager to make decisions in an air-conditioned office when everyone is well rested and not under stress.

When those you are leading are under a little stress and are a little fatigued, leading is a bigger challenge. What you learn from each of these leadership experiences will permanently add to your own leadership toolbox.

In the future, when you are faced with a leadership challenge, you will be able to draw on that toolbox of experiences to solve that challenge. The bigger your leadership experience tool box, the easier you will find it to solve problems.

From the beginning, we have and will

place each of you in various leadership positions. Many of you might feel uncomfortable leading. Perhaps it is, for many, your first experience with the numerous responsibilities associated with being a leader.

This is the initial step for everyone who has ever become a leader in the Army. Regardless of how well you perform, the purpose is to learn from and take away the experiences to help you grow as a leader.

You will learn to communicate your intent effectively to accomplish a task. Intent is nothing more than being able to describe the purpose of the mission and the end state you wish to be true at the end of that mission. It is vital your intent as the leader is clearly understood so in the event you find obstacles you have to overcome or are unable to directly communicate with your subordinates in time to give direction, they will be able to act on their own, understanding the framework of your intent.

You will learn to show confidence in your decisions. An organization can falter when the leader shows signs of indecision or doubt, particularly when stress is induced.

Respect is integral to success. As a leader, you must treat your subordinates in the same manner in which you expect to be treated — with dignity and respect. If you trust and respect your subordinates, you will be amazed at what they can accomplish.

You will learn to earn the respect of your subordinates. It cannot be something you demand they give you because of the rank you wear.

Leadership is not inherited, it is learned. The Leader's Training Course is your opportunity to acquire those tools to become an effective leader.

You all are motivated, determined individuals with an appetite for knowledge and that approach undoubtedly will lead you to success, not just here at the Leader's Training Course, but also in life.

## Reaching milestones

*Many positive developments so far this year*



Command Sgt. Maj. Michael **PETERS**  
LTC command sergeant major

This past week marked a couple of milestones for this year's Leader's Training Course.

For starters, two companies, Cos. B and C 1/46th Inf., entered the second phase of training, Warrior Leader. We also welcomed another cycle of Cadets on Wednesday, Co. D 1/46th Inf., which transitions to the second phase Saturday.

We have a total of almost 1,000 Cadets — and four companies — in training at this point. One final cycle reports for training Sunday. I not only applaud your interest in considering the Army as a career, but I extend gratitude to your parents for supporting your decision to be here.

The transition into the Warrior Leader phase of the course represents a significant change in the training. You now are under the tutelage of ROTC cadre and squad tactical officers who will provide a great deal of mentoring and guidance over the final phases of the course.

Don't forget what you learned from your drill sergeants who led you through the Soldier First phase. They laid a foundation of skills and knowledge that will prove pivotal to your success the rest of the way through LTC.

As I mentioned before, the days are long and the nights are short here at Fort Knox. The days literally fly by. Before you know it, you will proudly be walking across the parade field and graduating.

During my in-brief with Cadets, I re-emphasized the ban at LTC on the use of alcohol and tobacco. For some of you, this has been a major adjustment. But for others, it hasn't been a big deal. To those struggling to adapt, consider a couple of things: It's bad for your health and a bad investment.

As I walk around and observe training, Cadets appear excited and motivated to be

here. That's an extremely positive sight. When you're excited and motivated, you are more apt to learn what is being taught and strive to perform at a high level.

The fact that you are driven to succeed makes the job of the LTC cadre somewhat easier in that they don't have to work repeatedly on spurring your interest. They can teach a lot of things, but they cannot teach motivation. Either you have it or you don't. I applaud your determination. Keep it up.

Teamwork is the cornerstone of the Army's success. Regardless of the situation, Soldiers, or in your case Cadets, oftentimes don't complete the mission without the support and help of others. It's not about individuals who work on their own, but about many individuals coming together as one for a common goal.

Many of you for the first time are tasting the delicacies that make up Army chow, and specifically meals-ready-to-eat, or MREs. The MRE has come a long way over the years, and the food is a significant step up from what it used to be. Some of you even enjoy the offerings of an MRE over that of the dining facility.

Finally, many of you are experiencing the life of a leader through various leadership roles within your platoon and company. All of you at some point will maintain a leadership position. While serving in those slots might seem easy from an outsider's point of view, you will find, as many of you already have, they are not.

Much of our mission is to assess your ability to lead others. We want to see what you can do in a leadership role and give you a chance to see for yourself what you can do while leading your peers. It's an opportunity for you to learn and further develop.

● I want to pass on congratulations to four second lieutenants who are squad tactical officers with Alpha Co. whose strong scores on the PT test earned them the Army physical fitness badge. They were 2nd Lts. Jeffrey Stine (292 points), Elias Chelala (286), Joel Metcalf (297) and Aaron Eide (300). Again, good job.

### On the cover

Co. B 1/46th Inf. Cadet Shaun Swayne of the University of Memphis holds two rifles on George-Blair Range while waiting for another Cadet. *Photo by Jake Stevens.*

**Leader**  
Eastern Region  
U.S. Army Cadet Command  
Fort Knox, KY 40121  
(502) 624-8149

Vol. XXXIII, No. 5

The Leader is an unofficial publication authorized by Army regulation 360-1, The Army Public Affairs Program. Content is edited, prepared and provided by the Public Affairs Office.

The Leader is published weekly during June and July, printed by offset press and distributed to Army ROTC battalions nationally and to students attending the Leader's Training Course. The paper has a press run of 3,000.

**COMMANDER:** Col. Chuck Waggoner

**SERGEANT MAJOR:** Command Sgt. Maj. Michael Peters

**PUBLIC AFFAIRS OFFICER:** Steve Arel

**EDITOR:** Forrest Berkshire

**LEADER STAFF:** Emily-Rose Bennett, Jacob Blair, Jenna Crisostomo, Celeste Cross, Kellie Geist, Daniel Houghton, Molly Koeneman, Kelly Mackey, Sabrina Schaeffer, Jake Stevens, Brian Veirs, Doug Worthington, Dunja Zdero  
**SUPPORT STAFF:** Maj. Kenneth Harris, Command Sgt. Maj. George Crisostomo, 2nd Lt. Stephanie Goggans, Veronica Hill

# Proper foot care essential at LTC

By **DUNJA ZDERO**

Staff writer

Feet.

A scrunched up nose and a remark of disgust often follow that word. Most people don't like them, and some don't even like to talk about them. Even though it may be a stinky subject, Cadets at the Leader's Training Course must know proper foot care to minimize unnecessary problems.

"When you're in the Army feet are your life," said Lt. Col. Rick Trietley, company tactical officer for Co. A 1/46th Inf. "We are the land forces of United States, and we must be able to move long distances, all on foot."

Trietley said both cadre and Cadets receive briefing on proper foot care upon arrival to LTC. The Cadets receive sundry packs including foot powder and moleskin to help prevent foot problems, said Lt. Col. Shelley Rice, Eastern Region chief nurse. Packaging lists were also sent out reminding Cadets to bring plenty of socks.

Both Rice and Trietley agree the most important steps toward proper foot care are keeping feet dry and changing socks often. Rice recommends wearing two pairs of socks for more comfort and better dryness.

Alpha Co. Cadet Anthony Davila, from the University of Georgia, said he puts antiperspirant in shoes to keep his feet dry.

Cleaning feet often can prevent problems as well, he said.

"Sometimes when we're out in the field, I pour canteen water over my feet and let them air dry," he said.

Water training requires extra attention when it comes to foot care, Trietley said. Cadets do not wear socks during combat water survival training, so their feet wrinkle and dry up afterward. Foot powder can minimize that and help feet get back to normal, he said.

Airing feet out often can help keep them healthy. Trietley said wearing socks to bed prevents feet from airing out properly.

Cadets change into their physical training uniforms every night so they have a chance to put on new socks and get out of combat boots for a

while. Many people forget the importance of properly fitted, high quality sneakers when it comes to foot care, Trietley said.

"Cadets do a lot of physical training at LTC, so

it is important to spend money on a good pair of sneakers," he said.

Sneakers may be important, but Cadets spend most of the day in combat boots.

Improperly-fitted boots can cause many problems including blisters, aches and pains, Rice said. However, those problems usually stop once the boots are broken in. Campuses issue boots early so Cadets have time to break them in before LTC. Trietley said it usually takes about six to 12 months for boots to feel completely comfortable.

"If a Cadet received boots a week before coming to LTC, chances are they've never put them on before," he said. "These are the students we are concerned about the most when it comes to foot injuries."

Rice said blisters and hot spots tend to be the most common problems during training. A few athlete's foot problems show up as well.

"Cadre are pretty good at checking for problems," Rice said. "If they see something is wrong they call a medic to check on it."

Most Cadets will see a blister or two throughout their time at LTC. Wet socks and improperly-fitting boots usually cause them, along with friction and frequent impact on one or more areas of the foot, according to the Field Medical Service School's Web site. Cleaning the area with soap and water can take care of smaller blisters.

Davila experienced a few during the land navigation test.

"It was nothing major," he said. "I just went to the medics' tent and they took care of it."

Athlete's foot can often occur as well.

This happens when fungus thrives on moist surfaces and causes infection to the foot. Poor hygiene and contact with contaminated footwear and floors usually causes the infection. Sweaty feet and wet socks play a big role as well. Signs of athlete's foot include itching between toes and red, raw skin that often flakes, peels or cracks.

"Have a battle buddy check your feet and keep your stuff clean," Guy St. Louis, brigade nurse counselor, said about preventing infections.

Seldom, ingrown toenails can also cause problems for Cadets.

They occur when a nail grows into the skin and becomes embedded as the nail grows. They can cause severe pain, bleeding and a toenail infection. Most of the time, cutting your toenails incorrectly can cause ingrown nails. Symptoms may show up as drainage of pus, sensitivity to any pressure or pain along the toenail margins.

On rare occasions corns, calluses, and bunions can occur. Tight-fitting shoes or socks can cause them, along with prolonged walking on a downward slope. They are more common with women than men. Symptoms show up as a hard growth on the skin of the toes, pain on direct pressure against the corn and sometimes redness and swelling around the corn.

"Just keep your stuff clean, change socks, keep those feet dry and you will be alright," Rice said as the final advice for Cadets.

## So they say

*What has been  
the hardest adjustment  
for you at LTC?*



**Vanesa Mena Fernandez**

University of San Antonio  
Co. B 1/46th

*"Living with younger people. We're on a different level."*



**Austyn Krutsinger**

Southern Illinois University Carbondale  
Co. B 1/46th

*"Having to work with people who don't want to be here, people who don't put in the effort."*



**Morgan Frederickson**

Albertson College of Idaho  
Co. B 1/46

*"There's a lot of structure and a lot of accountability on myself and others."*



**Amanda Wright**

New Mexico Military Institute  
Co. C 1/46th

*"Being on the move 24/7; getting up, getting ready."*



**Joseph Yu**

University of Washington  
Co. C 1/46th

*"The drill sergeants. The first couple of days was an eye opener. (LTC) is more detail-oriented than ROTC."*

## Something to do

**Each company at the Leader's Training Course will have a training holiday July 4. To help Cadets plan their activities for that day, the following is a list of openings on Fort Knox:**

Place	Hours	Cost
Fort Knox water park	11-7	\$3
bowling	noon-6	\$1.30 a game
Patton Museum	10-6	free
commissary	7-7:30p.m.	free
PX	10-5	free
clothing and sales	11-5	free
Olive movie theater	2	Spiderman 3
Cavalry Chapel	8:30-2:45	games and movies
Cavalry Chapel	8:30-9:30	mass



# Follow the bouncing ball

## Speaker uses basketball to relate lessons

By MOLLY KOENEMAN

Staff writer

A basketball found a path between his legs, over his shoulder and on the tip of his right or left forefinger. Charlie Aeschliman made a path for the basketball, and he encouraged others to do the same for their life.

The renowned basketball handler showed Co. A 1/46th Inf. Cadets the many paths of a basketball and talked about the paths of success.

"Success does not happen overnight in one big step; it's a bunch of little steps that you take, every day, towards your dreams," Aeschliman said during his June 17 presentation.

Aeschliman, a former Navy SEAL from Chicago who represents the National Character Education Foundation, was fun, energetic and encouraging to Cadets. His presentation had no problem obtaining and keeping their attention.

He dribbled, spun and managed a basketball or two. Spoon-feeding chocolate pudding to Lt. Col. Rick Trietley, the Alpha Company tactical officer, while a basketball spun on the tip of the spoon, also helped keep the Cadets' attention.

Although his basketball handling dazzled the Cadets, he also gave the audience something to think about.

During his Navy SEAL training, he confessed there were moments he felt like tossing in the towel. It was hard work, but he kept going.

"I showed up to SEAL training and said, 'I'm only leaving this program one of two ways: either with a graduation certificate in my hand or on a stretcher,'" he said.

He was one of 19 to graduate from a class of 100. Not only did he graduate, but he graduated top of his class.

"Being a SEAL taught me I could do anything I set my mind to. The principles I learned during SEAL training I could apply to my life and my career outside the military," Aeschliman said.

During his last tour of duty, he was a SEAL instructor. He had to teach classes and get in front of people, something he had never done before.



By the end of the year, trainees were choosing him as the most motivating instructor. The military sent him on recruiting trips, and he eventually went out on his own, incorporating his basketball tricks along the way.

Being in the military taught him principles he was able to apply to his everyday life and his career after service. He has been a public speaker for eight years and loves meeting Cadets, he said.

"I love supporting the military and their leadership programs because these are the future leaders. So I was very honored to be here and support what they are doing here," Aeschliman said.

Cadet Armand Galen was moved by the performance.

"He was very positive," the California State University Fullerton student said. "I loved it."

Aeschliman was speaking to Cadets with an experienced voice. From the beginning of the presentation, he was talking of his devoted love of basketball and during a few questions, a Cadet asked if he ever tried out for the NBA. Aeschliman joked about having more excuses than talent.

Through his line of work, Aeschliman has performed for the NBA, WNBA and NCAA Final Four.

**Above, Charlie Aeschliman of the National Character Education Foundation feeds pudding to Lt. Col. Rick Trietley, company tactical officer for Co. A, while a basketball spins on the spoon. Right, Aeschliman performed basketball tricks for Co. A 1/46th Inf. Photos by Kelly Mackey.**

So even though he never played for the NBA, he still achieved a childhood dream.

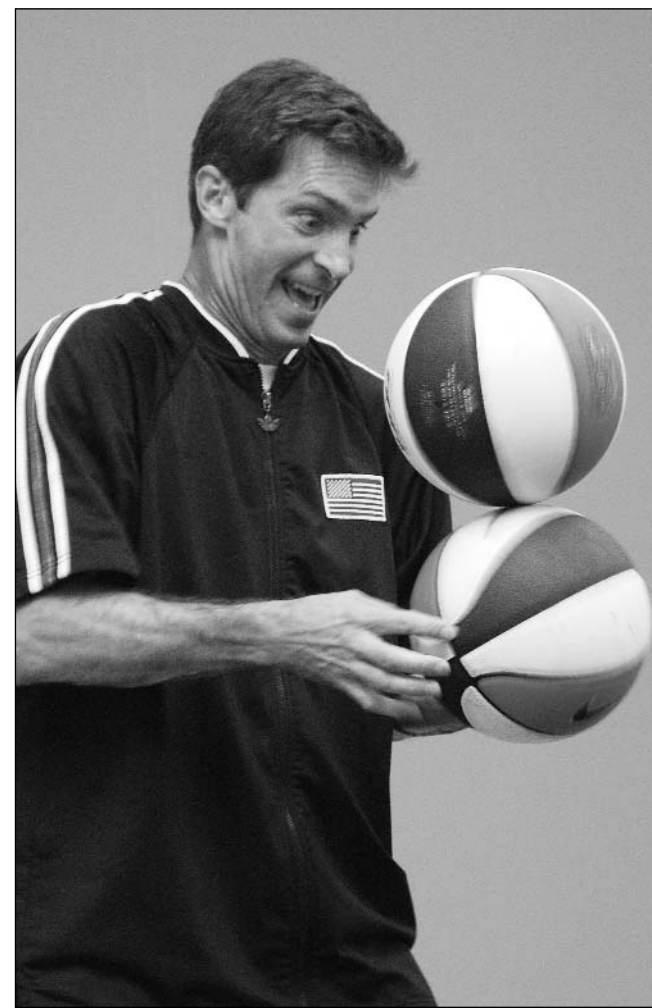
"It was only for seven minutes and it was at halftime and I was the only man on court, but I was there," he said.

Aeschliman had a final sturdy thought.

"Success is a matter of principle. It's not a matter of talent or background or chance. But really, success is a matter of choices, day in and day out," he said.

Cadets at LTC know that choice because, as Aeschliman said, they chose to spend their summer at Fort Knox and even if the training doesn't come easy, they're here for the duration.

"That's the only way you can be successful in life," Galen said. "You have to fail and learn from your mistakes."



# LTC celebrates Army's 232nd birthday

## *Companies, cadre cut the cake*

By **JACOB BLAIR**  
Staff writer

Neil Fulsang from New Mexico Military Institute and Vanessa Mena-Fernandez from the University of Texas at San Antonio cut cake June 14 with fellow Co. B 1/46th Inf. Cadets to commemorate the Army's 232nd birthday.

"I was a little nervous," Fulsang said. "I was afraid I was going to mess it up somehow."

Along with the ceremonial cutting of the cake, 1st Sgt. Bueford Smith gave a brief history of the Army as well as an encouragement to the Cadets, ending with the official Army song, "The Army Goes Rolling Along."

"Freedom remains paramount," Smith said. "God bless each and every one of you, and God bless America."

The Army was originally created by the Second Continental Congress in Philadelphia on June 14, 1775 – more than a year before the United States declared itself an independent country. At first, the Army only had a rifle regiment, but later went on to include numerous branches as well as the formation of the Navy, Marines, Air Force and Coast Guard.

Now, 232 years and more than 10 wars later, America is the most powerful country in the world,

thanks in large part to its military.

"I am very proud to be a part of the Army," Smith said. "Soldiers from the past and present fought for my freedom, and I'm proud to be able to give back and serve."

Across the country, Soldiers and civilians last week paid recognition to the Army's long history. Even some Major League Baseball teams hosted birthday activities during their games to pay homage to our Soldiers.

"The Army has played a decisive role in every American war since the American Revolution," Col. Chuck Waggoner, the LTC commander, said in the June 8 issue of the Leader. "When you commit the Army, you have, by default, committed the nation to sustained combat."

Smith spoke of the Army's vitality in combat situations.

"Soldiers are the bloodline of the Army," he said. "Without our Soldiers, things just wouldn't get done."

Even the Cadets recognized the importance of the Army's history.

"It's all about tradition," said Cadet Marc VanDeusen, a student from Rochester Institute of Technology and a member of Co. A 1/46th Inf. "You got to know it and believe it."



**Above, Co. B 1/46th Inf. Cadets Neil Fulsang, from New Mexico Military Institute (left), and Cadet Venesa Menafernandez, from the University of Texas at San Antonio, cut a birthday cake to celebrate the Army's 232nd birthday. Photo by Jake Stevens.**

**Right, Lt. Col. Tony Seyfried (left) and 2nd Lt. Donald Vance (right), cut birthday cake. They are the oldest and youngest staff members at LTC. Photo by Daniel Houghton.**



# Famed division's commander imparts wisdom

By **JACOB BLAIR**  
Staff writer

As Cadets of Co. B 1/46th Inf. filed into Hazzard Auditorium Tuesday, little did they know they had the rare honor to hear from a two-star general.

Cadet Andrew Hayden from Ohio State University took the stage and introduced Maj. Gen. Carter Ham, who, since 1976, has been an Army officer.

"I would not be here today if it wasn't for the ROTC," Ham said.

He went on to describe how he enlisted for only a year before he decided to go to John Carroll

University in Cleveland. There, Ham discovered ROTC, rediscovered his faith and met his wife. After commissioning, Ham was assigned to Fort Knox as a second lieutenant to instruct incoming Cadets at what was then called ROTC Basic Camp.

"So now I'm back," Ham said, some 31 years later, "and frankly, it hasn't changed that much."

Ham sought to challenge the Cadets to make an honest decision of pursuing a career in the military after the Leader's Training Course, as well as discuss the important qualities for Soldiers to have if they want to be successful.



**Maj. Gen. Carter Ham spoke to Cadets of Co. B 1/46th Inf. Tuesday. Photo by Jake Stevens**

The three things they need to know are courage, competence and commitment, he said.

"We commit to a sense of duty greater than one's self," Ham said. "Our set of ideals are enshrined in the Constitution. It is that bond that holds us all together in difficult times; you don't get that working at Wal-Mart."

After his speech, the general fielded questions from Cadets.

Asked if he had any additional advice for Cadets, Ham said, "Being a Soldier isn't rocket science. It's mostly common sense. It's practice, knowing the standards and meeting those standards."

Cadets appreciated the words of wisdom.

"He told us what it takes to be

in the Army; it was a very good speech," said Cadet Richard Gross of South Carolina State University, who is already looking forward to a career in the Army.

Cadet David Dejesus of the University of Texas at San Antonio said, "I definitely learned about leadership values, what we should look forward to and how it will affect our lives."

Ham closed by extending a personal bit of gratitude to the Cadets.

"Thanks for being here," he said. "We need you now more than ever, and we need leaders to continue the tradition of the Army."



## COVER STORY

# Shootin' straight



Alpha Co. Cadet Jonah McClellan, from Indiana State University, loads a magazine June 14 into his rifle, which he named Jessica, during practice at George-Blair Range. Photo by Sabrina Schaeffer.

## *Cadets come to appreciate, respect their rifles*

*Her name is Jessica.*

*Her dark form gleams in the sunlight, and her slick, slender frame leaves nothing to the imagination.*

But this M16 is more than a companion. She's a weapon.

"Some of us have named our rifles," Alpha Co. Cadet Jonah McClellan said. The Indiana State University student named his M16 after his girlfriend, Jessica, who is three hours away.

"My weapon is like my girlfriend

— it's always with me," he said.

Cadets are issued M16s on their fourth day of the Leader's Training Course at the end of the Soldier First phase and must keep it with them at all times.

"Cadets are told to always keep their weapon within an arm's length," said Lt. Col. Rick Trietley,

the company tactical officer for Co. A. "You never know when you might need it, and having it there could be the difference between life and death."

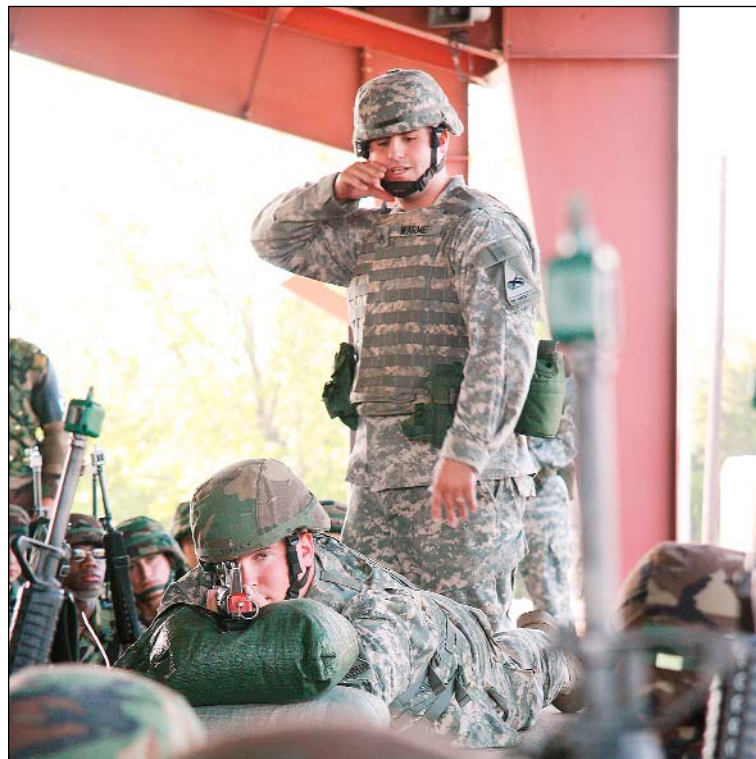
Even though Cadets understand the M16's importance, it still takes time to adapt to having their new

*Continued on page 7*

**By Kellie Geist • Staff writer**



## COVER STORY



**Staff Sgt. Brian Warme explains the proper way to hold a rifle to Cadets in Co. B. 1/46th Inf. while Staff Sgt. Wayne Dively demonstrates outside of Kelly Range Friday. Photo by Sabrina Schaeffer.**



**Right, Alpha Co. Cadet Tomoki Namakuchi from Hofstra University in New York, balances a washer on his rifle while his fellow Cadet, Suresh Rabess, from Temple University in Pennsylvania, coaches him outside Kelly Range Friday. The purpose of the exercise is to practice holding the weapon still while firing. Photo by Sabrina Schaeffer.**

*Continued from page 6*

friend around.

Bravo Co. Cadet Kyle Newman from Weber State University said, "Carrying around the weapons all the time takes a little getting used to. But after we get some real shooting in and understand how powerful the rifle is, I think we'll be guarding it as it was a loved one."

Basic rifle marksmanship is one of the most crucial skills every Soldier, regardless of position, needs to survive. It's also one of the first skills taught at the Leader's Training Course.

"When you're a Soldier, you have to be able to defend yourself and your buddies," Trietley said. "We issue the weapons early so the Cadets can get as much BRM training as possible. In the old days, like during the Cold War, there might have been a safe position in the Army, but today every Soldier, regardless of their job, is at risk."

BRM training starts with a familiarization of the M16A2, the Army's standard-issue weapon. Cadets are issued their rifles and are immediately taught how to assemble, disassemble, clean and fix the rifle, as well as the safety procedures.

"Safety is always priority," Trietley said. "You need to know your weapon and what to expect from it."

If someone observes an unsafe act on any range, they are entitled to call a cease fire.

"Anyone, regardless of rank, can call a cease fire and everyone on the range would honor that," Trietley said.

Next, Cadets are taught the four fundamentals of marksmanship: steady position, breathing, trigger squeeze and sight picture.

"If a Cadet masters the four fundamentals, they should have no problem with marksmanship,"

Sgt. 1st Class Kevin Robinson, a drill sergeant with Alpha Co. said.

"Most of the issues Cadets encounter are just because they are inexperienced and nervous," said 2nd Lt. Naomi Dotson, a squad tactical officer with Co. A. "But they shouldn't be nervous. It's just a weapon and as long as they listen and follow instructions, there is no reason to be."

BRM training has six parts: BRM 1, BRM 2/3, BRM 4, grouping, zeroing and field fire.

Basic rifle marksmanship 1 is where Cadets are introduced to their

M16. They are trained to assemble, disassemble and perform maintenance checks on the weapons. Cadets are also coached on how to adjust the front and rear sights and correct common malfunctions.

## M16A2 specs

**Caliber:** 5.56x45mm  
**Magazine capacity:** 30 rounds  
**Weight without magazine:** 7.5 pounds  
**Barrel length:** 20 inches  
**Overall length:** 39.6 inches  
**Muzzle velocity:** 3,100 feet/second  
**Maximum range:** 3,600 meters

"The hardest part of BRM is disassembling the weapon and cleaning it," Bravo Co. Cadet Ricardo Smith said. "There are so many parts that would be easy to lose that you really have to pay attention to."

The University of Arkansas student had never shot a rifle before LTC.

"BRM is something new and exciting for me," he said. "When you're in the Army, no matter where you or what job you have, everyone is a rifleman first."

The next phase is BRM 2/3. This course teaches Cadets the basic fundamentals of firing a weapon. This includes how to establish a steady position and align the sight system to the target.

University of Georgia student Anthony Davila knows a proper sight picture is one of the most

important parts of BRM success.

"Getting the right sight picture is essential," the Alpha Co. Cadet said. "That way you're getting an accurate line from yourself to the target."

After BRM 2/3, Cadets are introduced to a live range for the first time. They practice live firing with two objectives: firing tight shot groups and placing those groups in the same location. To pass grouping, they must place three rounds within a 4cm circle at a 25-meter distance.

"My marksmanship has definitely progressed since I've been at LTC," Davila said. "Before, I was just happy to hit the target. Now I know the basics. I can group, and I'm close to being able to zero."

Battle sight zeroing is when Cadets learn to align the sights with the barrel of the M16. If the alignment is correct, the point of aim is the point of bullet impact at 300 meters. This is the sight setting that gives the highest hit probability for most combat targets.

The final stage of range training is the practice field fire. The course uses single and multiple target engagements at 75, 175 and 300 meters with ephemeral combat-type, pop-up silhouettes. This training also shows Cadets how to shoot from a variety of situations, including from a foxhole.

"A successful Cadet will shoot about 100 total rounds during LTC,"

Trietley said. "If they need some additional training, they might shoot up to 200 rounds. We'll continue to train the Cadets until they are confident or until we run out of ammo."

The courses are a progressive training designed to give LTC Cadets a familiarization with basic rifle marksmanship. Robinson said every phase of BRM is essential to mastering the skill.

"The phases of BRM let us know how the Cadets are doing with the four fundamentals," he said. "BRM is important because we lose more casualties to friendly fire than to anything else. It's bad enough that we lose Soldiers to IEDs (improvised explosive devices) we can't afford to lose any more to operator error."

Cadets are making significant strides in honing their rifle skills.

"The new Cadets are doing pretty well," said 2nd Lt. Mike Anderson, a squad tactical officer with Bravo Co. "As long as they keep their good attitudes, I think they'll all do great."

McClellan knows that when LTC comes to an end, he'll miss Jessica.

"I'll be a little sad when we have to turn our rifles in because she's been with me all the time – while I eat, sleep and everything," he said. "But I'll also be glad because it will signify the end of our LTC training."



# Pull, observe, push and press

*Cadets learn, develop gunnery skills  
at heavy weapons training*

By **DUNJA ZDERO**  
Staff writer

For many college students, a video game might be the closest they'll ever get to a machine gun.

But Cadets at the Leader's Training Course felt a little bit more kickback during heavy weapons training.

As a part of the Warrior Leader phase at LTC, Cadets learned about a number of different heavy weapons. Any large weapon such as a heavy machine gun, a grenade launcher or recoilless rifle that can be transported is considered a heavy weapon.

Cadets tried out a couple of those weapons when they used them to shoot targets in screen-simulated scenarios. The exposure, designed to develop and maintain gunnery skills, demonstrated weapons such as the M249, M240B, M203, M2 .50-caliber and AT-4. The Cadets learned how to properly clear, load and fire each

weapon.

Most Cadets favored the M2 .50-caliber machine gun, said Staff Sgt. Eddie Johnson, a drill sergeant for Co. B 1/46th Inf.

"Everyone wants to shoot the big gun," he said.

The M2 .50-caliber machine gun held the distinction for being the heaviest, longest and having the highest maximum shooting range of all the weapons Cadets saw during training. The gun weighs 84 pounds and is over 5 feet long. It has the capability of shooting a single shot or automatic fire, and reaches a maximum range of more than four miles.

"I felt powerful because it's so big," Cadet Paulette Hale from the University of Richmond said about shooting the gun during the Co. A 1/46th Inf. training.

Besides just learning how to assemble and break down the M2 .50-caliber, Cadets got to shoot the gun in a simulator. The gun fired

laser beams to kill targets on the screen. Some of the targets crawled through sand in the desert scenario, while others popped out of cars and windows in the urban setting.

"It's fun to shoot this gun because the caliber is so big," said Bravo Co. Cadet Daniel Kim from Virginia Tech. "It's pretty hard to get an accurate target even when the gun is on auto because the kickback is so hard."

Cadets also used a M240B machine gun in the simulator.

"I like the M240 gun the best," La'Tanya Nez from the University of Arizona said during the Bravo Co. training. "It's smaller than the .50-caliber, so it's easier to shoot."

As a fully automatic machine gun, the M240B has a length of approximately 4 feet and weighs about 28 pounds. The gun has an approximate range of 2 miles.

"This is more realistic than a video game," said Alpha Co. Cadet Deven Obay from Jacksonville State University. "You're put into a simulation to do this stuff and given an idea of what it's going to be like in the war."

Sgt. 1st Class David Mason, the range officer in charge for heavy weapons training, said weapons used in training have an 80 percent resemblance of the real weapons. The Cadets used the same techniques a real shooter would use.

"It must be the same in order for everything to work together," he said.

Cadets learned about the M249 machine gun as well.

This automatic weapon has a maximum range of about two miles. It weighs 16.4 pounds and has a length of about 3.5 feet.

The M249 possesses two unique features. It has a regulator to change the rate of fire, and it is fed by M16 magazines as well as belt-fed.

The M203 grenade launcher also made an appearance during the training. This lightweight, single-shot weapon has a maximum firing range of 400 meters and capable of firing many different types of rounds including star parachutes, white star clusters and tear gas grenades.

Staff Sgt. Andrew Bretz, an instructor for the heavy weapons course, fired an M203 during his deployment in Iraq.

"This gun brings some serious firepower to the field," he said.

Cadets found out the weapon with the biggest bang was the AT-4.

The one-shot anti-tank weapon weighs 14.8 pounds and is about 3 feet long. The weapon has a maximum range of 1.3 miles and can make a big blast when it impacts something. It makes a "boom" sound rather than the wheezing sound made famous by Rambo movies, Bretz said.

Sgt. Chris Revis, an instructor for the course, said AT-4s have kickback when fired.

"I hope that in the future they let the Cadets fire real ones so that they can feel the real effect," he said.

Maj. Kerianne Clapper said 116



**Cadets from Alpha Co. are instructed on how to load and operate the M2 .50-caliber machine gun before they practiced with the simulator in Libby Hall. Photo by Daniel Houghton.**



**Members from Co. A wait to be sent out to learn how to operate one of five heavy weapons June 15th at Libby Hall. Photo by Daniel Houghton.**

Alpha Co. Cadets did not have prior heavy weapons training.

"The LTC Cadets are at a great advantage because of this experience," she said. "They are getting hands-on familiarization with the weapon systems that their peers back home who go through MS1 and MS2 aren't able to do."

Mason said he overheard a few Cadets wishing for more time with heavy weapons.

"I think that it's a good idea to bring the Cadets here," he said. "The level of attention and motivation is very high. It's a good experience and a good motivating tool."

## Military Hardware

### M2 .50-caliber machine gun

Weight: 84 pounds  
Length: 65.13 inches  
Max. Range: 6,764 meters

### M240B machine gun

Weight: 27.6 pounds  
Length: 49 inches  
Max. Range: 3,725 meters

### M249 machine gun

Weight: 16.41 pounds  
Length: 40.87 inches  
Max. Range: 3,600 meters

### M203 grenade launcher

Weight: 3 pounds  
Length: 15 inches  
Max. Range: About 400 meters

### AT-4 launcher

Weight: 14.8 pounds  
Length: 40 inches  
Max. Range: 2,100 meters



# MREs product of long evolution

*If you're not hungry now, eat them later (10 years later)*

By **MOLLY KOENEMAN**

Staff writer

They are flexible, tough, durable and have a shelf life of five to 10 years. Sound like something you want to eat?

Meals-Ready-to-Eat are food rations for the U.S. military. They are designed to sustain an individual through tough military training and operation when normal food services are not available. In one MRE meal bag there are an average of 1,250 calories.

"MREs have come a long way since I joined the Army," said Staff Sgt. Kelly Foster, a drill sergeant for Co. B 1/46th Inf.

The military food services have improved greatly. During the Civil War, Soldiers carried around salted pork for a few days, sharing the meat with insects.

In World War I, the food rations became more satisfying to taste buds, but the cylindrical cans were neither practical nor economical.

For World War II, there was the field ration C that provided each Soldier with three meals a day. The cans were bulky and had little variety, but the rations

were nutritionally adequate.

From that point on, military rations began to be specialized according to the terrain and the branch.

The development of the rations never really stopped in times of peace. The salted meats were left at home, and the cylindrical cans were traded for food pouches.

The MREs Cadets eat at the Leader's Training Course are the same being sent to the Middle East.

There is a large number of Cadets at LTC, and the program also consists of training that takes place a few miles from a dining facility. Because of the number of Cadets and some of their training locations, MREs are profitable so the buses needed to take Cadets from site to site only have to transport them the least amount of times. It is also easier to distribute food when the schedule does not allow for a sit-down meal.

"They can get used to what they'll be eating when they (are deployed)," Foster said.

The rations have to last for an extended period of time, so they are packed with preservatives. The preservatives clog up the digestive system because the body cannot break the food down.

"The gum in there acts like a laxative so you can have somewhat of a normal bowel movement," said Co. A 1/46th Inf. Cadet Marie Rizzi, from the University of Georgia.

Rizzi participates in her college's ROTC program doing field training exercises.

"It's better than C rations but I'm really weird about the meat I eat so the idea of meat being preserved in a bag that can be eaten like 20 years from now is really disgusting to me," Rizzi said.



**Co. B 1/46th Inf. Cadet Mark Moczo from Colorado State University listens to instructions while eating an MRE.** Photo by Jake Stevens.

Like Rizzi, other Cadets have had MREs.

However, LTC served as an

introduction to MREs for some. Co. B 1/46th Inf. Cadet Suresh Rabss, from Temple University, had never had one before.

"I did not know what to expect. It was not bad, though," Rabss said.

Today's MREs also have more options.

"The MREs nowadays have

real M&Ms, and I think they'll like that," Foster said. "I'd have some leftover MREs, and I've taken them home to my little cousins. They love it."

U.S. military food has made vast improvements from maggot-infested pieces of pork and ham of the Civil War era. MREs include name-brand treats and have a self-warming pouch so food does not have to be eaten cold.

"There is no substitute for a real meal, but when you're on the go and you're tired they hit the spot," Rabss said.

## KNOX WEATHER

### Today

Scattered T-storms

HIGH 89

LOW 68



Precipitation chance: 40%

Sunrise: 6:22 a.m.

Sunset: 9:10 p.m.

### Saturday

Scattered T-storms

HIGH 88

LOW 67



Precipitation chance: 40%

Sunrise: 6:22 a.m.

Sunset: 9:10 p.m.

### Sunday

Partly Cloudy

HIGH 89

LOW 66



Precipitation chance: 10%

Sunrise: 6:22 a.m.

Sunset: 9:10 p.m.

### Monday

Mostly Sunny

HIGH 94

LOW 69



Precipitation chance: 10%

Sunrise: 6:23 a.m.

Sunset: 9:10 p.m.

### Tuesday

Mostly Sunny

HIGH 93

LOW 69



Precipitation chance: 10%

Sunrise: 6:23 a.m.

Sunset: 9:10 p.m.

### Wednesday

Isolated T-storms

HIGH 91

LOW 68



Precipitation chance: 40%

Sunrise: 6:23 a.m.

Sunset: 9:10 p.m.

### Thursday

Scattered T-storms

HIGH 88

LOW 65



Precipitation chance: 60%

Sunrise: 6:24 a.m.

Sunset: 9:10 p.m.

Source: The Weather Channel.

## Not your mom's brownie

How an MRE brownie, one of several types of desserts available, compares with a store-bought treat:

### MRE brownie

Calories	370
Total fat	16g
Cholesterol	0g
Sodium	230g
Total carbohydrate	54g
Protein	4g

### Mrs. Fields brownie

Calories	360
Total fat	19g
Cholesterol	80g
Sodium	240
Total carbohydrate	59g
Protein	4g

*"MREs have come a long way since I joined the Army."*

Staff Sgt. Kelly Foster,  
Drill sergeant for Co. B

# Ill. student breaks gender barriers

By **DUNJA ZDERO**  
Staff writer

It's human nature to want to help someone, but actually stepping up and doing it takes courage and leadership.

A Co. B 1/46th Inf. Cadet did exactly that on her way to see a Kenny Chesney concert.

Headed toward Peoria, Ill., Elizabeth Call from Lewis University in Romeoville, Ill., never expected she would save a life on her way to the event. Driving on Interstate 74, she saw two women trapped in a rolled-over Chevy Blazer.

"I had to stop and help," the 23-year-old said. "Other people were there, but they weren't doing much."

The fire department got lost, and she had to take charge, Call said. While a few people lifted the car axle, she helped pull out one of the women. The fire department soon arrived, and Call helped them give her CPR.

The woman survived but was virtually scalped, Call said.

"I was really scared to touch her because she looked like she had possible neck fractures," Call said.

The other woman died.

"No matter how much I tried to have fun, I couldn't," Call said about the concert. "Even though I tried to help her, she died."

Call's quick reaction comes from her years as a firefighter and an

emergency medical technician.

As the first female at the Troy Fire Department in Cortland, Ill., she became a volunteer firefighter her freshman year of high school. She went to a meeting, and afterward signed up without thinking twice, she said.

"It's such an adrenaline rush," Call said. "If you get a 3 a.m. call for a house fire, you don't think about it. You just go."

Call eventually stopped volunteering, but said she is close to obtaining her associate degree in fire science.

"I miss being a part of it, and I would like to continue," Call said.

Breaking gender barriers doesn't stop with firefighting for Call. She did it again when she became the first female to join Joliet Township High School's football team.

"She's got a girly side to her,"

said Derek Piac, one of Call's good friends. "But she is a tough girl for her size and age."

It all started when Call began exercising in the boy's weightlifting room, she said. Most of the guys encouraged her to try out, so she did.

Even though Call did not play in any games, she participated in all the practices.

"It was pretty awkward most of the time," Call said. "But I felt really neat when another girl joined the following year."

Along with the desire to help out the general public, Call also decided



**Cadet spotlight**



**Co. B 1/46th Inf. Cadet Elizabeth Call, from Lewis University in Romeo, Ill., prepares to throw a fragment grenade Sunday during the Grenade Assault Course at Christensen Range. Photo by Sabrina Schaeffer.**

to join ROTC. Even though she participated in Junior ROTC in high school, it took encouragement from a friend for her to take it up in college.

"She's grown up a lot in the last few years," Piac said. "I told her that it was a good move to consider the military. Service to government is more important than police work."

She plans to go to basic training after graduating from college.

"I really like to be challenged," Call said about her choice of coming to the Leader's Training Course. "I didn't think I could do some of this

stuff in the past, but I use that to motivate myself."

Second Lt. Mike Degroff, a Bravo Co. squad technical officer, said Call has had a few problems with blisters while at LTC.

"She's very hard-charging," he said. "She takes care of them and gets right back to the training."

As a child, doctors diagnosed Call with attention deficit hyperactivity disorder. They told her she would have a hard time making it through high school, she said.

However, that never stopped her from achieving high honors in

school.

"I try to look at what people said in the past and use it to help me in the future," Call said.

Now, Call is in her fourth year at college majoring in criminal justice and forensics. She became a member of National Society of Collegiate Scholars for outstanding grades her first year of school.

"I like to solve little puzzles like that," Call said about her career choice. "It's not my strongest part, but I like to try. I just really, truly enjoy helping people. Sometimes I feel bad that I can't do more."

## Rap more than a hobby for Cadet

By **JACOB BLAIR**  
Staff writer

When people take up hobbies, it's usually some kind of sport or learning a new instrument. For Cadet Richard Johnson Jr., rap music is more than just a hobby, it's an evangelistic opportunity.

"When people go to church, they might not listen to a preacher," Johnson said. "But if they go to a concert, they'll listen to a rap artist."

Johnson, assigned to Co. B 1/46th Inf., writes and records in his home studio and has traveled to Chicago, North Carolina and Virginia, among others, performing

his motivational gospel-rap music since February 2006. Johnson has recorded two albums so far.

"I've always had a talent to write poetry, and my music is a way to relate," Johnson said.

Johnson cited influences such as Christian hip-hop artists Lecrae, T-Bone and the Cross Movement record label.

Aside from his music, Johnson is also an active member at his church, First United Pentecostal.

After graduating Cameron University in Lawton, Okla., where

he majors in music education, Johnson said he wants to be a chaplain in the military.

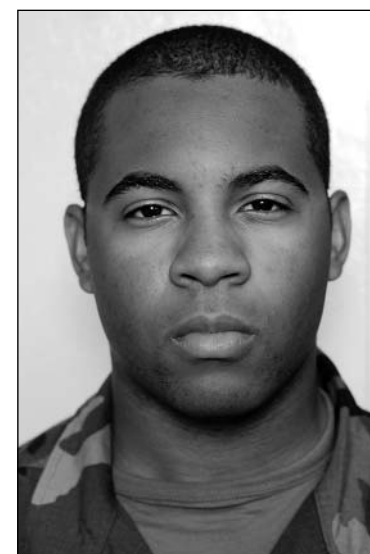
"My dad was a master sergeant in the Army, and so I know that Soldiers can be stressed at times," Johnson said. "They need a place to go and contact God."

Also involved in the student government program at school, Johnson has met state governors, superintendents, generals and senators.

"Our government's discipline, rules and professional structure has helped to keep America a unified



**Cadet spotlight**



**Bravo Co. Cadet Richard Johnson Jr. sees rap as an evangelistic ministry. Photo by Jake Stevens.**

nation," he said.

Johnson's passion has been evident to the other Cadets around him, too.

"I've never met a guy more devoted to his country, his religion and having fun as him," said Cadet Scott Finks, from the University of Tennessee, who is assigned to 2nd platoon with Johnson.

Though Johnson remains confident of his future, he's not letting that distract him while at the Leader's Training Course.

"My mindset while here at LTC," Johnson said, "is to learn, to take a stand as a leader and have a lot of self-discipline."



# Motivated mentor leads the way

*Third-generation Army officer excited about teaching Cadets to work as a team*

By **MOLLY KOENEMAN**  
Staff writer

The Leader's Training Course centers on teaching leadership. To have good leadership, you have to have someone who knows how to talk to those they teach.

Second Lt. Joshua Brown possesses such a characteristic, those who know him say.

"He's taking the low key-vibe to it. He's a really good balance for us to have. He's a great part and he loves being here. He's just ready to lead these Cadets and teach them," 2nd Lt. Bryan Foster said.

Foster met Brown just a few weeks ago at LTC, where they both serve as squad tactical officers.

"He's kind of like me," Foster said. "He cracks jokes every once in awhile."

Brown was born in Alabama and has lived outside Washington, D.C., for the past eight years. Even though he is a third generation Army officer, signing up with the Army was actually a slow process for him. He started ROTC with his college, College of William and Mary in Virginia, but it took him two years to

become deeply involved.

"I realized what I would really like to do is lead," Brown said. "I like to take a bunch of people who haven't met before and form them into a team."

Although he never attended LTC, Brown is enthusiastic about the program. He is optimistic about the Co. B 1/46th Inf. Cadets he mentors. He is patient when instructing, but steps back when a Cadet just needs space to figure things out on his own.

"They're a good group of kids. They have potential; a little rough around the edges, but everyone is the first three to four days," Brown said. "But they'll go far."

Brown circles the Cadets, watching for something that may be aided. He is not stern when correcting them and tries to explain things so they can be easily understood. He is ready to lighten the mood but is also driving to get the job done. He exudes a relaxing aura when talking with others. The

conversation can stray off topic without any awkward moments or strange silences. This ease in conversation is something he brings to LTC.

"These Cadets have no experience, but he puts his own spin on things so they can understand it," Foster said.

After LTC, Brown heads to Fort Sill, Okla., BOLC until the end of September. Then he goes to Fort Rucker, Ala., for flight school. Flight schools last about a year and after that, depending where his company is at, he probably heads to Iraq.

"I'm counting on going," Brown said.

Brown has a long list of things he enjoys doing outside the Army. He fishes, plays soccer, reads and works out.

He confesses, however, his biggest hobby is his fiancée, Allie. They got engaged in May and will wed in December.

"He goes away and talks to her for a few hours every night," Foster said. "I know that he cares about her very much."



**Second Lt. Joshua Brown, a graduate of the College of William and Mary, signals thumbs-up to the safety while Cadets in Co. B 1/46th Inf. practice on George-Blair Range. Photo by Sabrina Schaeffer.**

# LTC graduate returns to guide Cadets

*Spending her childhood in Japan, Elwood learned to value life as a Soldier*

By **JACOB BLAIR**  
Staff writer

As 2nd Lt. Kelly Elwood gave tips and pointers to Cadets of Co. B. 1/46th Inf. at the George-Blair Range, one would never expect she once lived halfway across the world or came from an all-military family.

As a kid, Elwood lived at Camp Zama, Japan, about 25 miles from central Tokyo.

"Everyone there was really nice to Americans," Elwood said. "They were all really welcoming to foreigners."

Both parents were in the Navy, and her mother taught high

school students Japanese while on base.

"Going to Japan made me appreciate the opportunity to travel and to see other cultures," she said.

*"Going to Japan made me appreciate the opportunity to travel and to see other cultures."*

**2nd Lt. Kelly Elwood**  
Bravo Co. STO

Elwood graduated from the University of Missouri where she majored in psychology. She is also an LTC graduate, completing the course two years ago.

"LTC was a lot of fun," she said. "The

only downside was living with 20 other girls in one bay."

Elwood, who branched military police, was encouraged to join the military not only by her Navy parents but also from her

brothers, who are in the Navy as well.

"I didn't want to live on a ship all the time, and I didn't see the point of going to a branch that was overmanned," Elwood said as to why she chose the Army. "I'd rather be in a branch that needed me."

Elwood is starting a military family of her own. Her husband of 1½ years is on active duty with the Army.

Always open to travel, Elwood remains optimistic about her future.

She'd like to go back to Camp Zama with her husband.

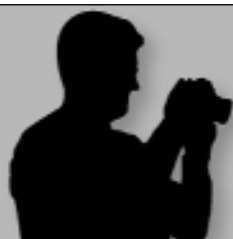
"But then again," Elwood said, "Hawaii would always be nice."

**2nd lieutenant spotlight**

**Second Lt. Kelly Elwood, a graduate of the University of Missouri, observes Cadets from Bravo Co. practicing at George-Blair Range. Photo by Sabrina Schaeffer.**

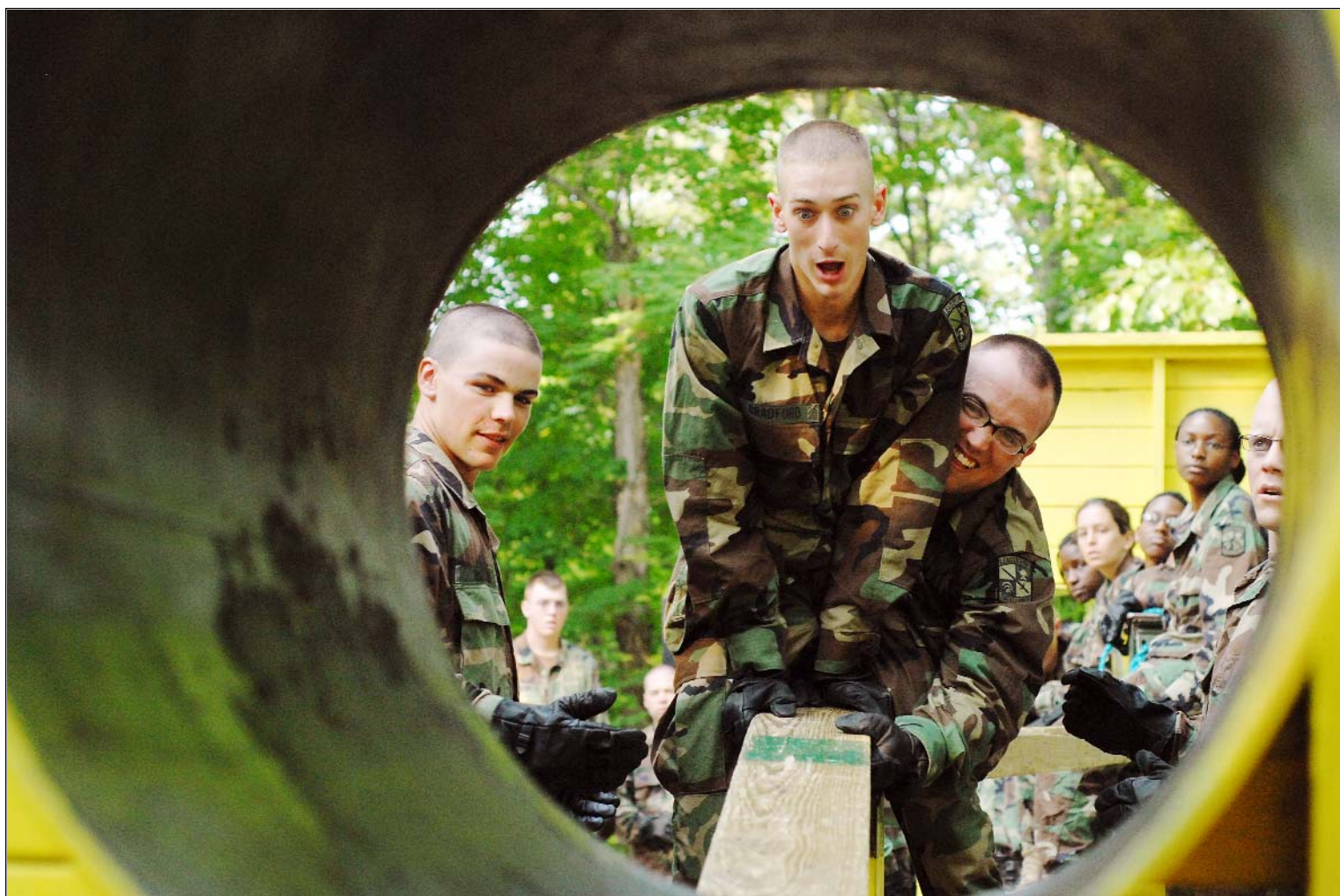




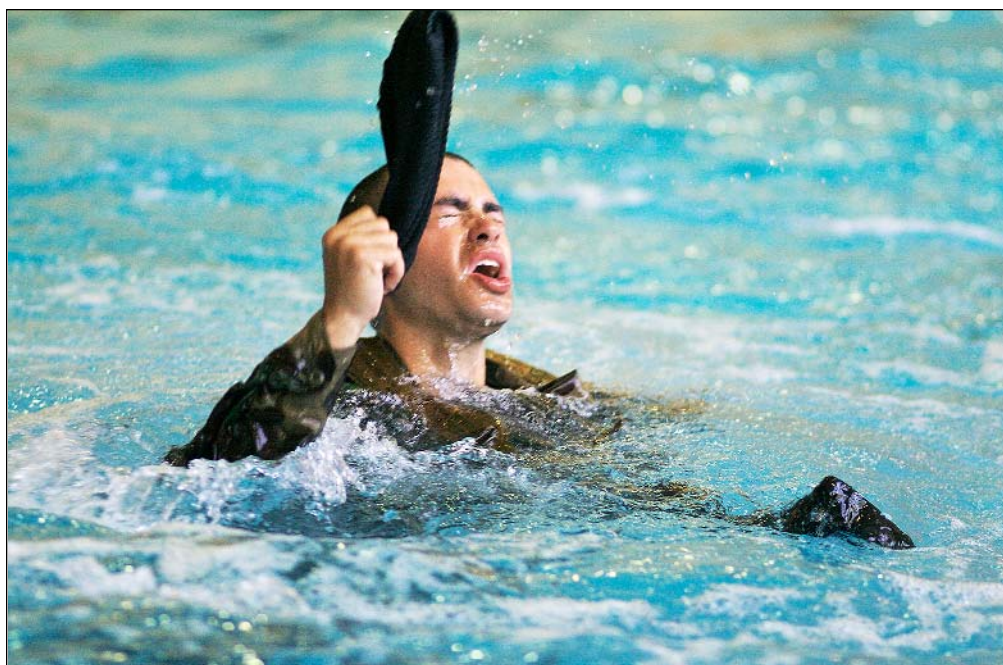


# Through the Lens

A weekly collection of images from the Leader's Training Course



Marion Military Institute Cadet John Bradford, center, nears completing a task with fellow Cadets during the Teamwork Development Course. "It was very significant," Bradford said. "It helped build teamwork" as well as a sense of who's "good to listen to and who's not; who can think quick on their feet." *Photo by Emily-Rose Bennett*



Justin DiSabatino of 1st platoon, Co. B completes the quick-entry phase of combat water survival training. "I'm not really fond of heights, but it was a lot of fun," DiSabatino said. *Photo by Daniel Houghton*



Caret Omar Ramirez (right), from Texas State University in San Marcos and Cadet Wyley Bartlett, of the University of Memphis, both in Co. B 1/46th Inf. load clips of 20 rounds to shoot at George and Blair range. *Photo by Jake Stevens.*